

Myths & Facts

Domestic Violence & Sexual Assault

START A CONVERSATION THAT MATTERS

The following myths are common and impact survivors.

Myth: Sexual assault is an act of lust and passion that can't be controlled.

Fact: Sexual assault is about power and control and is not motivated by sexual gratification.

Myth: If a victim of sexual assault does not fight back, they must have thought the assault was not that bad or they wanted it.

Fact: Many survivors experience tonic immobility or a "freeze response" during an assault where they physically cannot move or speak.

Myth: Men are not victims.

Fact: Abuse happens to boys & men too. 1 in 6 males will be a victim of sexual abuse before age 18. 1 in 4 men have been victims of some form of physical violence by an intimate partner in their lifetime.

Myth: It's mainly a 'straight' issue and does not occur often in LGBTQ relationships.

Fact: Many people believe that only straight women can be victims, but domestic violence AND sexual assault occur in LGBTQ relationships at higher rates than in the general population.

Content from R.A.I.N.N., OurResilience.org & local support from ASTOP.



Initiative of FDL Area Women's Fund



Tips for Talking with Survivors

START A CONVERSATION THAT MATTERS

It's not always easy to know what to say when someone tells you they've been assaulted, especially if they are a friend or family member. For a survivor, disclosing to someone they care about can be very difficult, so we encourage you to be as supportive and non-judgmental as possible.

Sometimes support means providing resources, helping to seek medical attention, or supporting the report of the crime to the police. **But often listening is the best way to support a survivor.**

WHAT CAN YOU SAY:

"I believe you. / It took a lot of courage to tell me about this."

"It's not your fault. / You didn't do anything to deserve this."

"You are not alone. / I care about you and am here to listen or help in any way I can."

"I'm sorry this happened. / This shouldn't have happened to you."

**AVOID JUDGMENT. CHECK IN PERIODICALLY.
LISTEN! KNOW YOUR RESOURCES.**

For details, local support, stats & more:
FDLSaysNoMore.org/Talk

FOND DU LAC SAYS
NO MORE
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT